Buried Pork Chops

Pork buried in cornbread is perfect. You never know exactly how much pork you will get. It's like digging for buried pork treasure! With or without onions, this dish is delightful. The pork can be diced before hand to make eating easier. Peas and carrots mix well with pork and cornbread. Moist cornbread mingles with the fat and pork chop flavor to create a chewy and buttery dish perfect for sharing with friends. Buried pork chops can be prepared and slipped in the oven while reading a favorite book, resting, or finishing the laundry.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before cooking

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cornbread (May have gluten added)

Eggs

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Beef

Butter

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe oblong container with lid

Ingredients:

Meat:
- 4 breakfast pork chops
- 2 eggs

Vegetables:
- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of pinto beans
  - Optional:
    - 1/4 cup of onions

Other ingredients:
- 1 tablespoon of butter
- 2 cups cornmeal (gluten free)
- Dash of salt
- Spices such as pepper to taste
- 2 tablespoons of vegetable oil

Preparation time: 15 minutes

Preparation:
1. Mix:
   - 2 cups of gluten free cornmeal
   - 2 eggs
   - A dash of salt
     - Optionally add:
       - 1/4 cup of chopped onions
       - 1/2 cup of pinto beans
2. Spread a thin layer of vegetable oil on the bottom of the pan.
3. Spread a thin layer of cornmeal mix on top of the oil, about 1/4 inch thick.

4. Carefully place pork chops in the cornmeal.
   Don't push down. Chops may be in bite sized pieces.
5. Pour the rest of the cornmeal mixture on top of the pork chops.
6. Place pan in oven and cook at 350 degrees for one hour.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.